

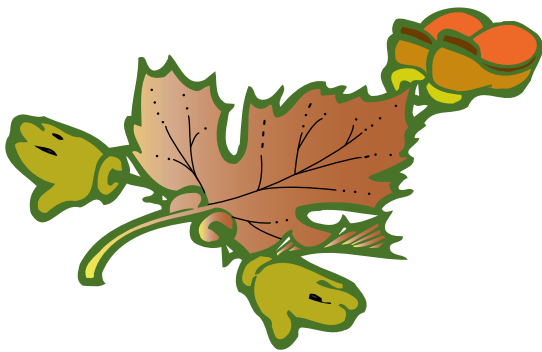


THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

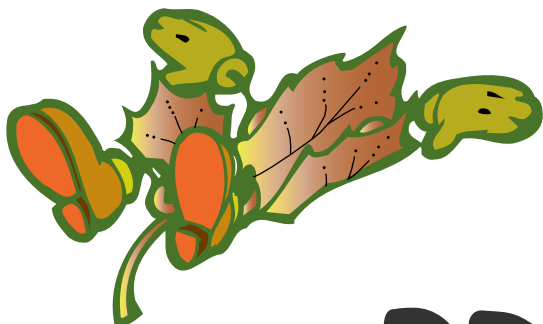
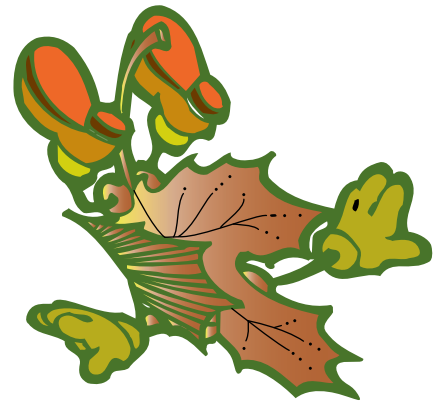


SCRIPPS RANCH RECREATION CENTER

11454 Blue Cypress Drive • San Diego, CA 92131
(858) 538-8085 • www.sandiego.gov



2006



FALL PROGRAM

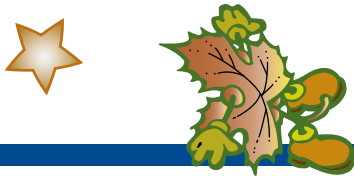


Effective: September 1 - December 31, 2006

PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

Scripps Ranch Recreation Center

General Information



Hours of Operation

Monday - Thursday	2:00 pm - 8:45 pm
Friday	1:00 pm - 5:45 pm
Saturday	10:00 am - 3:45 pm
Sunday	CLOSED

Holiday Closures

Monday, September 4, 2006	Labor Day
Friday November 10, 2006	Veteran's Day Observed
Thursday November 23, 2006	Thanksgiving Day
Monday, December 25, 2006	Winter Holiday

Registration

You must come in person to register. Phone in or mail in registrations will not be accepted. For those classes that start before the current season(s) effective date, patrons may register anytime. We hold priority registration for the gymnastics program, so space is limited. Children under 18 must be registered by their parent/legal guardian. Payment is required at the time of registration. Please pay with exact cash or check made out to SRRC. Classes are not pro-rated or discounted. No partial refunds or make-ups for missed classes. Classes may be cancelled at anytime due to low enrollment. Refunds are granted only prior to second class with yellow receipt, one week prior for day camps, sports camps and kindercamps (one refund request per family). NO EXCEPTIONS. There will be a \$25.00 charge for returned checks.

Recreation Council

The Scripps Ranch Recreation Center is a public facility operated by the City of San Diego and the Scripps Ranch Recreation Council. The Council meets the second Thursday of each month at 7:00 pm and is open to the public.

Chairperson: Marc Sorensen



Staff

Bruce Martinez	Area Manager II
Craig Martin	Center Director III
Charles Black	Grounds Maintenance Worker
Sharbel Abi-Najm	Recreation Leader I
Tasha Barnett	Recreation Leader I
Mike Chavez	Recreation Leader I

Park Reservation Information

For information about reserving the following parks for adult & youth sports, picnic shelter rentals, parties and jumps, please contact the Scripps Ranch Recreation Center at (858) 538-8085: Scripps Ranch Community Park, Overlook Park, Spring Canyon Park, Lakeview Park, Cypress Canyon Park, Jerabek Park and School, Scripps Ranch High School soccer & softball fields.

Volunteers Needed!



Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.

Donations



By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Gary Stromberg, Deputy Director CPI Division, (619) 221-8910.

ADULT ACTIVITIES



Basketball Free Play Hours

Monday	2:00 pm - 5:30 pm
Wednesday	2:00 pm - 5:30 pm
Friday	1:00 pm - 5:30 pm
Tuesday	No free play
Thursday	No free play
Saturday	No free play
Sunday	No free play

Hours are subject to change without notice. Check with center, these hours are posted weekly. Special events, day camps and scheduled classes have priority during the day when needed.



Good Dog Training School

Introductory obedience class for puppies and adult dogs. No metal choke chains or pinch collars allowed. Your dog learns to walk without pulling. Dogs must have updated shots. Do not feed your dog within four hours before class.

- Please arrive 20 minutes before class.
- Class held rain or shine.
- \$90.00 plus \$20.00/material fee
- Instructor: Bob Burkhardt
- For information call: (858) 748-7943
- **You must register 1/2 hour before the first class. If you cannot attend the first class, register 1/2 hour before second class.**

Wednesdays 6:30 pm - 7:30 pm
September 6 - October 11, 2006
Saturdays 11:30 am - 12:30 pm
October 28 - December 9, 2006



S.R.W.A.C.

Scripps Ranch Women's Athletic Club

- SOCCER LEAGUE
- VOLLEYBALL LEAGUE
- CO-ED SOFTBALL
- BASKETBALL LEAGUE

For more information,
 go to: www.srwac.org



Volleyball Club

The Scripps Ranch Recreation Center has set aside hours for all levels of interest. Participants must set up and break down all equipment used.

Hours are subject to change without prior notice.

Fridays

5:30 pm - 7:45 pm

16 years - Adult

Small donation
 fee to players.



Men's Basketball League

This is a 30 and over "C" league. Only 2 players between the ages of 25 - 30 are allowed.

For more details, contact
 League Director Lance Allison
 at (619) 991-8902.

Games: **Thursdays**

6:00 pm - 9:00 pm

Leagues begin

September 14, 2006

\$340.00



YOUTH ACTIVITIES



Triple Threat Basketball

The purpose of this class is to emphasize the techniques of a shooter and to increase the all around game of the individual player. Another key aspect of this program is to focus on participating as a good team player. With an emphasis on the individual skills the program includes drills, scrimmages, conditioning and team discussions. This class will enhance the player's dribbling, passing, shooting and game strategies. Triple Threat Basketball is a great mix of work and play.

Contact Alex Davis at (619) 252-5538 or triplethreat02@hotmail.com for details.

Ages 8 - 13 years

Register only on:

September 16, 2006

9:30 am - 10:30 am

Saturdays

10:30 am - 12:00 pm

September 16 November 18, 2006

November 25 - December 23, 2006*

\$125.00/10 weeks

*\$50.00/Mini Session



Gymnastics

Come join the fun! This program is designed for kids of all ages to develop gymnastics skills, flexibility, strength, coordination, rhythm and most of all positive self esteem in a fun yet challenging atmosphere! This non-competitive program is designed to build gymnastics skills through progression. Activities include bars, floor exercise, vault, balance beam & trampoline.

Fall Session Tuesdays \$150.00/12 week session

September 12 - December 12, 2006

(No class October 31 & November 21, 2006)

Priority Registration:

August 8, 2006 3:00 pm - 7:00 pm

Open Registration begins:

August 15, 2006 3:00 pm - 7:00 pm

Hot Shots 5 - 7 years

4:00 pm - 4:45 pm

4:45 pm - 5:30 pm

Progressive 8 - 12 years

5:30 pm - 6:15 pm

Invitation Only

(Instructor approval required.)

6:15 pm - 7:15 pm

Mommy & Me and Tiny Tots Gymnastics

Classes available at alternate location. For information contact Instructor Kim Moser at (858) 229-4462.



AFA Youth Basketball

League dates:

September 23 - November 11, 2006

Game Day: Saturday 12:00 pm - 4:00 pm

Register only on:

September 13

6:00 pm - 7:00 pm

September 16

12:00 pm - 2:00 pm

- Games held in the gym/practices are outside.
- No refunds after skills assessments.
- Players mandatory skills assessment*:
Saturday, September 16, 2006 2:00 pm
- Kindergarten - Sixth Grade
- \$95.00/registration fee
- No team request.
- Coaches needed!

*For a fair and equal draft

process, your child must attend

on the mandatory skills assessment day. If your child is

unable to attend, contact League Director, Dennis

Thorig (858) 587-4727. Visit our website at

www.afasports.com for more information.



City Dance Department

Each class meets once a week for 45 minutes.

Classes are subject to cancellation when enrollment minimums are not met. Register at first class.

For more information visit www.citydancearts.org or call (619) 525-8258.

Fall Semester:

September 28, 2006 - January 18, 2007

Registration:

Thursday, September 21, 2006

\$35.00/participant

2:30 pm Pre-Tap

3:15 pm Tap I

4:00 pm Ballet I

4:45 pm Jazz I

5:30 pm Irish (must have 1 year tap experience)

6:15 pm Jazz 2 (By teacher promotion only)



Youth Activities Continued...

Lil' People Programs

- **Bring a Lunch.**
- **Child Must Be Potty Trained.**
- **Student/Teacher**
- **Ratio: 12:1.**
- **Please ask about Extended Care and Baby Sitting. Contact Information: Miss Jane (619) 370-4681 or mjlags@hotmail.com**



Junior Explorers

Monday, Wednesday, Friday 9:00 am - 1:00 pm

Fee: \$350.00/10-week session

\$245.00/7-week mini-session

•Lil' People programs offer a unique and dynamic place for children just starting out. **Junior Explorers** is a program designed for children ages 2 1/2 to 4 years old. During these sessions the children have the opportunity to express their creativity through art, music & movement, pretend play, and even cooking! Through circle time, games, art, writing, songs and stories we promote learning, develop physical coordination, and encourage social interaction. Our teachers understand children need an opportunity to explore new horizons while learning about the world around them. Our class schedule provides time for the children to socialize and learn how to play and share together. Sign up your child this fall to become a Junior Explorer!

Ken-Ka-Kung Fu Children's Self-Defense

This course is designed to improve children's ability to listen and concentrate, as well as develop skills in balance and coordination. Loose fitting clothes are recommended. Parents of new students must attend the first class of the session for orientation.

Thursdays 4:30 pm - 6:00 pm
5 - 15 years

September 7 - October 5, 2006/5 weeks

October 12 - November 9, 2006/5 weeks

November 16 - December 21, 2006/5 weeks

No Class November 23, 2006.

Resident: \$55.00/Non-Resident: \$70.00



Fall Session (10-week session)

Registration begins August 14th at 6:00 pm

September 5 - November 10, 2006

(no class November 10, 2006)

Winter Session (7-week mini-session)

Registration begins October 23rd at 1:30 pm

November 13, 2006 - January 12, 2007

(no class November 20 - 24 and

December 25, 2006 - January 1, 2007)

Pre-Kindergarten

Monday - Friday

9:00 am - 1:00 pm

Fee: \$625.00/10-week mini-session

\$440.00/7-week mini-session

•Our **Pre-kindergarten** represents a new alternative to Preschool. This is the perfect way to get your child ready for Kindergarten and help you and your child's transition into Kindergarten much easier. This program is catered to 3 1/2 to 5 year olds. These classes are structured to include Language Arts, Math, writing, crafts, music and movement, and much, much more. Pre-K provides a great mix of academics and recreation! It is also of course a great way for your child to learn the basic classroom routine and rules, as well as begins peer socialization. The activities serve to build confidence and self-esteem as well as stimulate cognitive, physical, and emotional development.

Ice Skating Classes

During this course, the students will learn how to balance, glide smoothly, stop, skate forward and backwards and have a good time for a few tricks.

Classes held at the San Diego Ice Arena

(11048 Ice Skate Place). Sign-up at SRRC.

September 6, 13, 20, and 27, 2006

October 4, 11, 18, and 25, 2006

November 1, 8, 15 and 29, 2006

Wednesdays \$40.00/4 weeks

3 - 5 years 4:00 pm - 4:30 pm

6 year - Teens 4:30 pm - 5:00 pm



Fall 2006 Youth **master SPORTS** **CLASSES**

Basketball Fundamentals

Former European Pro **Steve Smith** will help you improve all aspects of your game while having fun at the same time. Basketball classes focus on improving the fundamentals of class participants by teaching new skills and then having them work on them through different drills and games. Each season (Fall, Winter & Spring) will focus on new aspects of the game. Dribbling and footwork is stressed in each meeting.

Thursdays

Ages 4-5 years

2:00-2:50 pm

Ages: K-2nd grade

3:00-4:00 pm

Ages 3-6th grade

4:00-5:00 pm

8 weeks \$82

9/28-11/16/06



Soccer Skills

Students will improve their ball handling, goal scoring, passing and more in this class. Using a variety of fun and unique games and drills, emphasis is given to improving motor skills, strength and conditioning, and overall awareness of what is occurring on the soccer field.

Tuesdays

Ages K-2nd grade

4:00-5:00pm

Ages 3-6th grade

5:00-6:00 pm

8 weeks \$82

9/26-11/14



JUNIOR SPORTS

Participants will play soccer, basketball, tee-ball, flag football and track n' field. Our coaching philosophy is to give participants a foundation in each sport by incorporating rules into modified games that are appropriate for each age group and most importantly a lot of fun. Each season there is a new sport giveaway! **Includes a free Official Master Sports bat and ball set!**

Tuesdays

Ages 3-4 years

10:00-10:50 am or

Ages 4-5 years

11:00-11:50 pm or

Ages 4-5 years

3:00-3:50 pm

8 weeks \$85

9/26-11/14

Saturdays

Ages 3-4 years

8:45-9:30 am

Ages 4-5 years

9:30-10:15 am

Ages 5-6 years

10:15-11:00 am

8 weeks \$85

9/30-11/18

All participants receive a Master Sports T-Shirt!



Please register 9/11/06 6:00-7:30pm in the Park office.

Open Registration starts 9/12/06. Classes do fill up so please register early!

Winter Break Sports Camp info coming soon (Visit our Website).

Visit our website and learn more about these popular classes and coaches here in Scripps Ranch.

Website: www.MASTERyourSPORTS.com **Email:** info@masteryoursports.com **Phone:** (Dan) 858-518-1315

PRC Winter Daycamp 2006

Scripps Ranch



Scripps Ranch Recreation Center is offering a great place for fun this winter. Activities includes a variety of sports, arts & crafts, water fun, cooking and team games. Please wear athletic shoes and bring a sack lunch.

FIELD TRIPS ARE ON FRIDAYS.

Ages 6 - 12 year olds	Week 1 & 4 Rate:		\$120.00	9:00 am - 4:00 pm	
	Extended Rate:		\$145.00	7:00 am - 6:00 pm	
	4 day camps	Week 2 & 3 Rate:		\$100.00	9:00 am - 4:00 pm
		Extended Rate:		\$120.00	7:00 am - 6:00 pm
Daily Drop-in fees:					
Monday - Thursday	9:00 am - 4:00 pm	\$30.00/day	7:00 am - 6:00 pm	\$35.00/day	
Friday Field Trip	9:00 am - 4:00 pm	\$40.00/day	7:00 am - 6:00 pm	\$45.00/day	

This winter, camp is divided into 4 week long sessions. The price of each session includes snacks, staff, field trip, transportation and the weeks activities.

Week 1: December 18 - 22, 2006 **Movie/Arcade**

Week 2: December 26, 27, 28 29, 2006 **Wild Animal Park**

Week 3 January 2, 3, 4, 5, 2007  **Boomer's**

Week 4 January 8 - January 12, 2007 **Party Week**

Payment & registration paperwork must be completed and paid in full at the recreation center prior to camper participating in the daycamp program.

Please note, weeks 2 & 3 will be 4 day camp.



SPACE IS LIMITED.



FIRST COME FIRST SERVE BASIS.



Registration Opening Day: Registration will be taken by Day Camp staff
 **on December 1, 2006 4:00 pm - 6:00 pm (no exceptions)** 

For more information, contact PRC Camp Hotline at (858) 229-12523

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (858) 538-8172) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

PRINTED ON RECYCLED PAPER.  **RESOURCE CENTER CREATION** 

**CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT AND RECREATION COUNCIL
WAIVER, RELEASE OF LIABILITY, AND AUTHORIZATION FOR MEDICAL TREATMENT**

PARTICIPANT'S NAME (PRINT): ☐ _____ DATE OF BIRTH: ____ / ____ / ____

ADDRESS: ☐ _____
☐ Number ☐ Street ☐ Apt./Suite ☐ City ☐ State ☐ Zip Code

PHONE: () _____ EMERGENCY CONTACT NAME: _____ EMERGENCY CONTACT #: () _____

FAMILY PHYSICIAN: ☐ _____ TELEPHONE: () _____ INSURANCE COMPANY: _____

Pertinent Medical History Information (Epilepsy, Diabetes, Allergies, etc.): ☐ _____

☐ _____

In consideration of being allowed to participate in City of San Diego and Recreation Council Programs, I acknowledge and agree that:

1. ☐ Neither the City of San Diego nor the Recreation Council maintains health insurance for injuries to the participant that may arise out

☐ of involvement in classes/activities/events.

2. ☐ By virtue of participation, **PARTICIPANTS RISK BODILY INJURY, INCLUDING, BUT NOT LIMITED TO, PARALYSIS, DISMEMBERMENT, AND DEATH AND OTHER LOSS INCLUDING DAMAGE TO PROPERTY.**

3. ☐ **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISK FOR MY CHILD (AND/OR MYSELF).**

4. ☐ **I RELEASE AND HOLD HARMLESS AND PROMISE NOT TO SUE THE CITY OF SAN DIEGO OR THE**

☐ **RECREATION COUNCIL**, their officers, agents or employees with respect to any and all such injury including, but not limited to, ☐ paralysis, dismemberment, death or loss except that injury or loss which results from gross negligence or willful or wanton ☐ misconduct of one of those individuals or organizations.

5. ☐ I agree to inform my child that he/she must follow (or I agree to follow) all safety rules, as well as any instructions given during the ☐ classes/activities/events listed below, including during lessons, practices, meets, special events, field trips, games or tournaments.

6. ☐ I hereby authorize and give my consent for medical care to be given in an emergency situation to the above named child (or to ☐ myself) while participating in this activity, including during lessons, practices, meets, special events, field trips, games or ☐ tournaments.

7. ☐ **THIS AGREEMENT IS BINDING ON MY HEIRS, PERSONAL REPRESENTATIVES, NEXT OF KIN, SPOUSE AND ASSIGNS.**

8. ☐ I hereby give permission for the above named child (or myself) to be photographed, videotaped or recorded for publicity purposes ☐ and that I waive all claims for compensation.

9. ☐ I certify to the best of my knowledge my child's (or my) current physical condition is satisfactory for participation in the ☐ classes/activities/events listed below and that he/she (or I'm) free of any health problem that would affect his/her (or my) ability to ☐ participate. Please note: Individuals with health conditions such as, but not limited to, chronic allergies (i.e. asthma), seizures and ☐ epilepsy may not participate until a medical clearance has been submitted. In addition, I must notify the coach/instructor/leader of ☐ any health condition(s) prior to participation.

10. ☐ I understand and agree that it is my sole responsibility to ensure that the address and emergency contact information are accurate at ☐ all times.

11. ☐ **CONSENT TO TREATMENT OF A MINOR:** In the event of sudden illness, accident or injury which may occur while said minor is ☐ engaged in classes/activities/events by City of San Diego and their representative, agents or assignees, when neither the parents, ☐ guardian or designated family physician can be contacted, I hereby give my consent for emergency treatment as shall be necessary ☐ under the circumstance by any physician licensed under the laws of the State of California.

12. ☐ The classes/activities/events to which this waiver, release of liability and authorization for medical treatment pertain are:

<input type="checkbox"/>	<i>Class/Activity/Event</i> <input type="checkbox"/>	<i>Participant or Parent/Legal Guardian Initials</i> <input type="checkbox"/>	<i>Date</i>
<input type="checkbox"/>	a. <input type="checkbox"/> _____ <input type="checkbox"/>	_____ <input type="checkbox"/>	____ / ____ / ____
<input type="checkbox"/>	b. <input type="checkbox"/> _____ <input type="checkbox"/>	_____ <input type="checkbox"/>	____ / ____ / ____
<input type="checkbox"/>	c. <input type="checkbox"/> _____ <input type="checkbox"/>	_____ <input type="checkbox"/>	____ / ____ / ____
<input type="checkbox"/>	d. <input type="checkbox"/> _____ <input type="checkbox"/>	_____ <input type="checkbox"/>	____ / ____ / ____
<input type="checkbox"/>	e. <input type="checkbox"/> _____ <input type="checkbox"/>	_____ <input type="checkbox"/>	____ / ____ / ____
<input type="checkbox"/>	f. <input type="checkbox"/> _____ <input type="checkbox"/>	_____ <input type="checkbox"/>	____ / ____ / ____
<input type="checkbox"/>	g. <input type="checkbox"/> _____ <input type="checkbox"/>	_____ <input type="checkbox"/>	____ / ____ / ____
<input type="checkbox"/>			

PARTICIPANT'S SIGNATURE (If Participant is 18 years or older): ☐ _____

PARENT/LEGAL GUARDIAN SIGNATURE REQUIRED IF PARTICIPANT IS 17 YEARS OF AGE OR YOUNGER: This is to certify that as a Parent or Legal Guardian of the participant, I consent to his/her waiver and release as set forth above. I realize participation in this program is voluntary.

Parent/Guardian Name (Print): ☐ _____ Relationship: _____

Parent/Guardian Signature: ☐ _____ Date Signed: ____ / ____ / ____